Nav:

-move SHIFT + Middle mouse

-turn ALT + left mouse

Views:

-top 7

-front 1

-back CTRL+1

-side 3

Add:

-add menu SHIFT+a

Edit mode: Tab

Scale/move/rotate/extruding/knife: s/g/r/e/k

-x

-y

-z

Vertex:

-Add/break vertex CTRL+SHIFT+B

-move vertex G